

Lifelines
Rhode Island Al-Anon Family Groups

www.riafg.org

Happy New Year!!



Monthly Focus Topic
Step 1

We admitted we were powerless over alcohol – that our lives had become unmanageable.

Just when I think I have things in order—allowing others to live their lives and practicing detachment—*BAM!* Life throws a curveball.

We are powerless over alcohol, but we are not helpless. At a recent meeting, I was reminded once again that we are stronger together. We come together to lean on others and to be leaned on, to share, to grow, and to keep working our own individual journeys.

It is a privilege to attend an Al-Anon meeting and to have a sponsor or a friend from the program to call when life feels unsteady. As the year begins anew, I am practicing trust—trusting my Higher Power, and trusting that my qualifiers have one too.

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Member and Readers' Share Page

A Mother's Struggle

As I watch my daughter plan a move to a new city—her third move in a little over a year—I find myself struggling to detach. That a DUI occurred just days before her move should not have come as a great surprise, and yet it did. Getting a call that your loved one is in jail is something I never imagined could happen to me, and yet it did.

I listened as she cried about the experience and what happened *to* her—not what she did. As I listened, I silently repeated the Serenity Prayer, trying to stay present without fixing, to offer love without being pulled into the chaos. I reminded myself that she has her journey and her Higher Power, and I have mine.

I pray for her, and I pray for my entire family. I quietly hope this is a bottom, but I know that is not for me to decide. I am powerless, and I have learned—by listening to others in the rooms—that stepping back is often the most loving thing I can do.

“Let Go and Let God” has become more than a slogan for me. Any peace I experience today comes from trusting what I hear in meetings, what I read in Al-Anon literature, and from turning things over to my Higher Power, one day at a time.

Carol F.

Do you have a story you would like to share in Lifelines? Send it to lifelines.riafg@gmail.com

Each month we will focus on a new topic and share reader responses to the prior month's focus.

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Welcoming Newcomers in the New Year!

Although the family disease of alcoholism never takes a vacation, the post-holiday season is a time when many individuals suffering from the family disease of alcoholism seek comfort in AI-Anon. Here are some things to think about as your group prepares to welcome newcomers for the new year:

- Is your meeting information on the local meeting list, local and Area websites, and at the WSO up to date?
- Are signs placed in easy-to-spot places to direct people to the meeting room, or specific location instructions (or, for groups meeting electronically, login and password information) included in your group record?
- Do you have a greeter to welcome anyone new to the meeting?

A [Welcoming Checklist](#) is also available as a free download to help you plan. Keep in mind that you can submit AI-Anon group changes [online](#) any time throughout the year.

“Inside AI-Anon Family Groups” presents news, policy, and commentary from volunteers, staff and readers sharing experience through service.

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My Group Isn't Following “the Rules!”

My skills in navigating conflict were nearly nonexistent when I arrived in AI-Anon. My options were all or nothing—either fight my way through in a desperate effort to be recognized as being right, or walk away in silence, feeling small. I was awestruck to learn in AI-Anon that I had other choices. I could ask questions instead of making assumptions, and I could even discern which conversations I should participate in.

When my children were young, they would get into squabbles about anything and everything—what show to watch on television, how loud the volume should be, which seat should be occupied by whom. By this time, I had been attending AI-Anon for a few years, so I would overhear the commotion without stepping in to resolve their disputes. In frustration, they'd cry to me, “Why aren't you helping?” I'd quietly explain that I was allowing them to find their way through the conflict. While that wasn't the answer they were hoping for, it provided them with choices about how to handle the situation.

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These children were affected by the family disease of alcoholism. Since they were too young for Alateen at the time, the only recovery I could offer them was my example. I made the conscious choice to engage in recovery instead of reacting to the family disease that we all lived with. The tools I offered them included pausing to gain an understanding of the truth of the matter, determining if they were contributing to the conflict, taking turns speaking instead of yelling at each other, and recognizing the right to disagree and make alternate choices. Now, as adults, my children have some conflict resolution tools to help them navigate various situations.

The Group Services department at the World Service Office (WSO) regularly receives calls from members asking the WSO to step in to resolve group issues. Some members become frustrated when they learn that the role of the WSO is to help interpret Al-Anon's policies (as found in the "Digest of Al-Anon and Alateen Policies" section of the current *Al-Anon/Alateen Service Manual* [P-24/27]) and to encourage groups to apply Al-Anon's Legacies and spiritual principles to resolve group issues. The Group Services team also offers resources to help carry out the will of the World Service Conference and guidelines based on shared experiences from members, groups, and links of service. They share a wealth of experience, strength, and hope via many communication methods.

When I share with members the paths available to resolve conflicts, I'm reminded of the lessons my children and I learned. We are all here in Al-Anon because we've been affected by the family disease of alcoholism, and the disease can rear its head when we least expect it. The tools of understanding, information, and choices empower us to restore health and harmony when conflicts occur. Members may wish to hear, "Thank you for contacting the WSO; we'll take care of it right away." But that would take away the groups' opportunity to "practice these principles." When members have access to these resources, they can share them with their groups, helping to convey a clear and consistent message of the help and hope Al-Anon Family Groups provide.

Attending a meeting filled with dominance, outside affiliations, and/or various dilutions of Al-Anon's message can be frustrating. It can be easy to walk away with judgment, hoping someone else will come along to "take care of it." However, our goal is for every newcomer who is in despair to arrive at their first meeting and find the help and hope we have been so privileged to enjoy. I believe it is important for me and every member to do our part to help keep our groups healthy so that we can continue to offer that support. To achieve this, I ask myself: What resources can I use to help inform my group? How can I encourage my fellow members to talk to each other and reason things out together?

By Christa A., Group Services & Alateen Coordinator

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Let Recovery Begin with Me

Before I came into Al-Anon, I thought that my fate was entirely connected to that of my alcoholic loved one. I thought that when my loved one got sober, our family problems would go away. I felt helpless waiting for that to happen.

Desperate for change, I went to Al-Anon. I learned that alcoholism is a family disease, and I adopted the slogan, "Let It Begin with Me." For me, "It" represents recovery. Let recovery begin with me.

I can be the one to bring recovery into my home and family. I can be the one to attend my meetings regularly. I can be the one to "Listen and Learn." I can be the one to get a Sponsor and work the Twelve Steps of recovery. I can be the one to practice these principles in all my affairs. I no longer have to wait for anyone else. As I continue to become healthier working my recovery program, I bring that healthier "me" to every "we" I am part of.

Let recovery begin with me.

By Susan O., Florida

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Cranston Office News

The Cranston office is now open on Tuesday evenings from 4:00 to 7:00 PM. Our literature coordinator is also there on the 3rd Saturday of the month from 9:00 to 10:30 AM and the 4th Wednesday of the month from 5:30 to 8:30 PM.

Please call the office ahead of time if you are planning to come in. Literature orders can be mailed in using the order form on our website : riafg.org. Please include a check made out for the total of the order including any shipping charges if you want the literature mailed to you. Please include a contact name and phone number. If there are questions about the order, we need contact information to clear up any issues. If you plan on picking up the order, please include a contact name and phone number so we can let you know the status of your request. Please note that the office still accepts only cash or checks.

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Conference Approved Literature (CAL) in RI!

Please check out our literature page on our RI Al-Anon website:

<https://www.riafg.org/literature.html>

Thank you for your continued CAL purchases at our Literature Distribution Center. Due to the rise in Media Mail cost over the last several years (thankfully no increase in 2026), the shipping cost will now be a flat 10% of the total cost shipped.

The increase is still less than orders at WSO because their shipping costs reflect the standard shipping prices.

I'm available for in person CAL purchases the third Saturday of the month from 9:00 - 10:30 AM and the fourth Wednesday of the month from 5:30 - 6:30 PM.

Please consider donating gently used CAL to the Cranston Office. I can set it aside for special literature "give aways".

I wish everyone a happy and healthy New Year!

Jackie W.

Literature Coordinator

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ALATEEN MEETING

Are you a teen that has been affected by someone else's alcoholism? Do you believe no one could possibly understand how you feel? Do you cover up your real feelings by pretending you don't care? Do you feel neglected, uncared for, or unloved? Do you tell lies to cover up for someone else's drinking or what's happening in your home? There is hope! Alateen is a support group for teenagers whose lives have been impacted by someone else's alcoholism.

You Are Not Alone Alateen

Meetings every Sunday 6-7pm

Location:

YANA of Newport County

770 Aquidneck Ave

Middletown, RI 02842

<https://yananewport.com/events/alateen-meeting/>

<https://al-anon.org/newcomers/teen-corner-alateen/>

Ages: 13 - 18

Only Alateen members, prospective Alateen members, and Alateen group sponsors are allowed to attend Alateen meetings. Adults are invited to attend Al-Anon meeting occurring at the same time at the same location. Al-Anon is a support group for anyone who has been affected by or is concerned about someone else's drinking.

What is Alateen?

Alateen is a place where teens come together to:

- Share experiences, strength, and hope with each other to find effective ways to cope with problems
- Discuss difficulties and encourage one another
- Help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

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New Alateen Meeting Coming to Cranston!

- Beginning Thursday, January 8th 2026 7pm-8pm EST
- Praise Tabernacle Church
- 330 Park Avenue
- Cranston RI 02910

If you're a local teen/preteen whose life has been affected by someone else's drinking then Alateen might be for you!

No dues, no judgment, just a safe space.

Please email rialateen@gmail.com or rpankiw0727@gmail.com for more information or any questions



**There's an Alanon and AA meeting at the same time for additional flexibility*

Special note on Tradition Seven Donations Receipts

We are changing how we acknowledge receipt of donations from groups and members. We are doing this as a cost savings measure (postage, paper, toner expenses).

- For group donations, we will email the donation receipt to the “group representative” (GR) or “current mailing address” CMA (which we have on file). If your group prefers that we send the receipt to the group treasurer or someone else, please include a note with the check providing the email for that person.
- For personal, memorial, and appeal donations, please include a note with your email address.
- If you use Zelle to send a donation from your bank account to the RIAFG bank account, please include the email address in the memo/note box.

In gratitude,

Phyllis H.

RIAFG Treasurer

Honoring More Than 75 Years of Public Outreach

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